arttamulla intu matam

The *magnum opus* of Kaviyarasu Kannadasan

Read in English......

A humble tribute of Dr.N.RAMANI to a great poet....

BOOK IX

IN SEARCH OF ENLIGHTENMENT

THREE

ABSTINENCE

One of the disciplines in yoga is abstinence.

An otherwise physically fit enough person should abstain from a woman who will remain in close proximity on bed.

Gandhiji described it as bachelorhood in married life.

We know that Americans throng around Hindu jnanis in America.

One of them has prescribed a new training.

Six naked men and women stand in a circle, waist deep in water, holding each other by the shoulders. In a situation where physical proximity and nudity is likely to inflame lust, they abstain from lust. This abstinence is a kind of training they undergo.

This is what I have designated elsewhere as "passivity in activity" and "not having while having" and "non-acceptance of what is available".

This is more a practice in the art of love than in the discipline of yoga.

Lust is an instinct that is very quickly excited.

Hunger is also an instinct; but there are means of overcoming it.

No instinct of man is beyond man’s self-control.

But lust is an exception. It will make a fool of a genius and will burn furiously within.

In a world where we long for a woman beyond reach, one should have the strength of will to abstain from enjoying a woman well within the reach.

This abstinence is bachelorhood in married life.

Sittars call this *"Icca pattiyam"* - abstinence from the desired.

Gandhiji lived the later days of his life in such abstinence.

Paramahamsar illustrated it before him.

The man who cannot perform may say, "I treat my wife as my sister". That is the philosophy of the disabled.

When one is physically intact, when lust arises with a compulsive force, abstinence indicates jnana which purifies the soul.

The body quite often overpowers the soul and runs amuck.

When the soul wins over the body, an excellent yoga comes to be.

We see young ascetics like Vivekananda in the domains of Hinduism even today. There are such brother monks in Christianity too. They are persons who had tamed their bodies with their minds.

Those who had failed in restraining physical urges and later became jnanis have regretted that they are overpowered by their bodies.

To the best of my knowledge, the best Brahmachari in Tamilnadu had been Pasumpon Muthuramalinga Thevar. He lives away from even the smell of women.

He was practising a yoga which enabled him to retain the semen within and get it absorbed in the blood.

The brightness of his body will be ascribed to this yoga.

But such fastidious Brahmachari do not live long.

Live with your wife for a particular length of time. Then treat the wife who had shared your bed as your sister. This attitude is what I designate as "Abstinence from the desired".

Though one is not troubled in lust, his food habits may adversely affect his sleep, strange thoughts will occur.

That is why a Hindu bachelor is forbidden from lying on his stomach and the Hindu woman lying supine.

Any Hindu woman who knows this never lies supine; she lies down only on her side.

The Hindu ascetics were expected not to make use of soft pillows.

They used an ordinary block of wood to support their heads while asleep.

They used slippers made of wood and not soft footwear made of leather.

Ramakrishnar and Gandhi reduced the quantity of food just to observe this holy practice of bachelorhood in married life.

Gandhiji himself has declared it.

Once a few disciples of Paramahamsar came to meet him at his place.

It was midnight.

Bagavan was within the house along with Devi. The young visitors were apologetic, "We have come to spoil the happiness of Bagavan in togetherness with his wife".

They should have thought that Bagavan should have been making love.

But Paramahamsar walked out suddenly. He could read their thoughts.

He smiled and said, "Though I am beside my wife I am always beside the deity".

The disciples felt relieved.

He who has given up the tune of love touches a piece of wood and the body of his wife with the same inert feeling.

Renunciation is nirvana, a sort of nudity.

They say Kannaki is a queen of chastity. What is so special about it.

She is a caste Hindu who is bound to be chaste.

We can describe her vengeful burning down of Maturai as an instance of fiery chastity.

But remember, Mathavi was also chaste and there is something special about it.

Even if ten fellows enter Mathavi’s house one after the other no one is going to find fault with her. She was meant for it.

Though she had the means and chances to be otherwise, she remained chaste. That is her nobility.

Such is bachelorhood in married life.

Only those who had achieved wisdom through the bitter lessons of sex speak of feminine charm in ignoble terms.

They have rebuked the feminine physique calling it by names like,

"the foul smelling body"

"the filthy body"

"the pot full of excreta and urine"

"the incurable wound"

and

"the slit of a wound"

These are the projections of the impotent mind in a fevered frenzy.

When they had been virulent enough they had described women in terms of the softness and fragrance of flowers.

A jnani is not in that state of frustrated rebuke.

They are separated from lust by the light from within even as their bodies are virulent enough.

Many yogis, right from the days of Swetaketu had observed abstinence as a discipline.

They had had sex with their own wives up to a particular point of time for the sake of begetting children.

When a lusty man indulges in sex, he becomes tired quite soon.

But those who had cleansed their mind can prolong sex for as long as the pleasure of the wife is appeased.

The reason is simple; they are not in the grip of a furious passion.

They perform like a goldsmith making a chain; a farmer tilling the soil, all in deliberate indulgence and therefore last longer. There is no animality in it; there is a divinity. There is no lust in it; there is a discipline in it. It is not a game; it is a tapas. It is but another unattached karma.

He who keeps on thinking of it like a sparrow is weakened by his very thoughts.

The exertion in thought is ten times greater than physical exertion.

If the thoughts are lustful the damage is all the more quick.

When he starts then, he appears to be a veritable monster to the eyes of his own wife.

That is why the Hindus adopted the dyana practice.

Meditation upon Isvaran cools down the body.

When the mind unites with the Impassioned, the body gains an equable temperature.

Gandhiji and Paramahamsar became philosophically enlightened only after beginning their practice of abstinence.

Gandhiji has spoken at length about it.

NINE

ATHEISTIC ARGUMENT

The atheistic argument is a deceiving deer. It lives on fanciful public speeches. It has now suffered a natural death.

I recall the days of my own atheism.

I feel ashamed of how I had then entrusted myself in the hands of deceptive falsifications.

If the atheists could live eternally. I would retain my disbelief in the existence of God.

Each of them have passed away getting their due even while alive. Their arguments have lost currency and lie in untouched heaps.

There is no praiseworthy book ever written by an atheist.

Their writings have died lacking as they had been in depth, conviction and justification.

Let them not live for centuries like Tevaram or Tiruvacakam. Is it not strange that they died even before the death of the writers themselves?

What’s strange about it, anyhow? That is bound to happen.

There had been atheists in the Christian countries of the West. Christianity has fought it out with them.

Islam is well armed against even the incidence of atheism.

It is easy for atheism to prevail among the Hindus. Hinduism is a religion of tolerance. It will never become militant. It will go on attending to its duty as the exigencies of the times dictate. God will be held responsible for effects of any kind.

And, atheism had died even without being fought against.

The reasons are not far to seek. Atheistic arguments are false - that’s all.

A few sheep tried to bring down the Himalayas looming large for thousands of years. The sheep only lost their horns; the mountain stands still as the mountain.

I see most of the erstwhile secretaries of the Dravidar Kazhagam rolling round the temple premises at Tiruppati.

The learned persons in the West like Ingersal fought against the erring church and did not cling strongly to the argument that there is no God. They had their own surmises to the contrary within themselves. They could not refute the existence of a force that makes the body grow on water, wander about sustaining on breath and be destroyed on a spark of fire.

How can there be changes in seasons if there is no dynamic God?

How can there be day and night?

The atheist also has faith. But he desires to be identified as the revolutionary by raising against it. He plunders money from those who foolishly follow him.

A friend of mine is an important man in that atheistic movement. Do you know that he has made an offering of more than two lakh rupees to a temple deity.

When I asked him about it, he said that he had given only a small article in offering. He will have his horoscope cast at Kumbakonam. But he becomes another Ingersal on the platform.

Another friend of mine, a cine artist, had greatly ridiculed the God on the platforms. Recently he went to Tiruppati and came back saying, "There is some kind of a force, I say!".

I was one of those who had been deluded into atheism by the verbosity on stages. I had proudly declared myself as one of the black brigadiers.

All lasted only for a few years.

As long as I had been an atheist, I was not able to write many songs.

What is there in atheism to sing about?

Only after becoming a theist have I been able to compose thousands of songs.

Divinity is as large as the sea.

A swimmer has nothing but an experience of enthusiasm once he dives into it.

I still see some who call themselves poets declaring on public platforms that they had been cleansed in the camp of Periyar. Their poems did not live for long. Why, they were no poems at all.

I do not understand how an encampment can cleanse gold.

Such declarations are deceitful, foolish.

They regret that they are not able to write as much as I could.

If they want to write so much as I write, they should first realise that they are Hindus.

They should read the Vedas, Upanishads, itihasas and puranas.

Mere verbal jugglery can’t pass.

Let me reiterate, our ancestors of untraceable past had not been fools.

They had devised certain rituals for the ceremony of marriage. They are by no means brahminical.

If they are brahminical, Cilappatikaram should be a brahminical epic.

The atheists devised a different set of rituals in the name of Self-Respect for marriages, which made marriage a farce.

Their procedure reminds one only of cattle coming together by the side of broken walls of fallen houses.

The groom and the bride garland each other in the presence of the leader. There is no "tali".

Once the garland is removed, what remains to remind them a marital bond?

The atheist has not only slandered rituals; he has also not accorded any value to the chastity of women.

Periyar, himself had spoken, "Why bother about chastity? 'Only one man for a woman' by itself is a foolish principle.

So atheists are those who came to promote a barbaric culture in an otherwise civilized society.

I myself have presided over some such marriages.

The Reformists will talk about the cruelty imposed on widows.

They have forgotten that what they professed were impractical and foolish, incompatible with basic decency.

In our village, people will say, Don’t allow an atheist into the house. He knows no culture. He is unclean at heart. He will lay hands on anybody’s wife".

He has no fear of God and as such will have no moral qualms.

During the days of the past everything was in its place due.

But now the donkey is on the cot; the elephant wants to sleep in the cradle; the cat wants to play on the flute, the deer becomes dried meat.

If there could be derailment of dharma even on the roads of the civilized, what will be the effect of atheism?

As far as I know, many of those who spoke atheism lost their property. Some sincere followers of atheism lost their wives to others.

Only the atrocious enjoyed the fruits of atheism.

The theist can distinguish between a bedroom and a puja room.

The atheist is used to eat where he shits.

The theist can distinguish between the mother and wife.

The atheist takes any woman for a wife.

The theist is always conscious of dharma.

The theist lives a man to die a God.

The atheist appears a man and dies an animal.

If anyone is serious about atheism, he is an inert substance with no passions, he is a fool with no sense to rationalise.

If rationalism works properly, it will ultimately discover only God; it will not surrender itself to nihilism.